

TOP DOG COP CLOSES SHOP

Winnipeg police announced Tuesday longtime police service dog, Judge, is hanging up his leash after 10 years of service with the K-9 unit. Judge and handler, Patrol Sgt. Scott Taylor, made more than 500 tracking arrests over Judge's career. See the story on page 4. SHANE GIBSON/METRO



Manitoba gives cameras their day in court

Ready to roll. Pilot project sets out to strike a 'delicate balance' between transparency and protecting safety of witnesses and lawyers

Manitoba's top judges are designating courtrooms where video cameras will be allowed to record — a move they say is unique in Canada.

Chief Justice Glenn Joyal with the Court of Queen's Bench said lawyers are welcome to argue against having a TV camera in those courtrooms, but the assumption is that they are allowed. This marks a huge shift in Manitoba, where hand-held cameras have never been allowed past security.

"We're terribly excited by this," Joyal said Tuesday. "This is the first meaningful, collective initiative by all three levels of court... which stipulates that there is a presumption in favour of broadcasting that one court."

While cameras have been allowed in Appeal Court and in certain cases in other provinces, this is thought to be the first time a province has designated courtrooms where proceedings can be broadcast automatically. All matters before the Manitoba Court of Appeal can also be broadcast unless a strong case is made against it.

As part of a pilot project, TV cameras will be allowed to broadcast a murder trial verdict for the first time Wednesday. Cameras will also be allowed into the Court of Appeal at the end

of the month for the case of a man found guilty of killing his parents and brother.

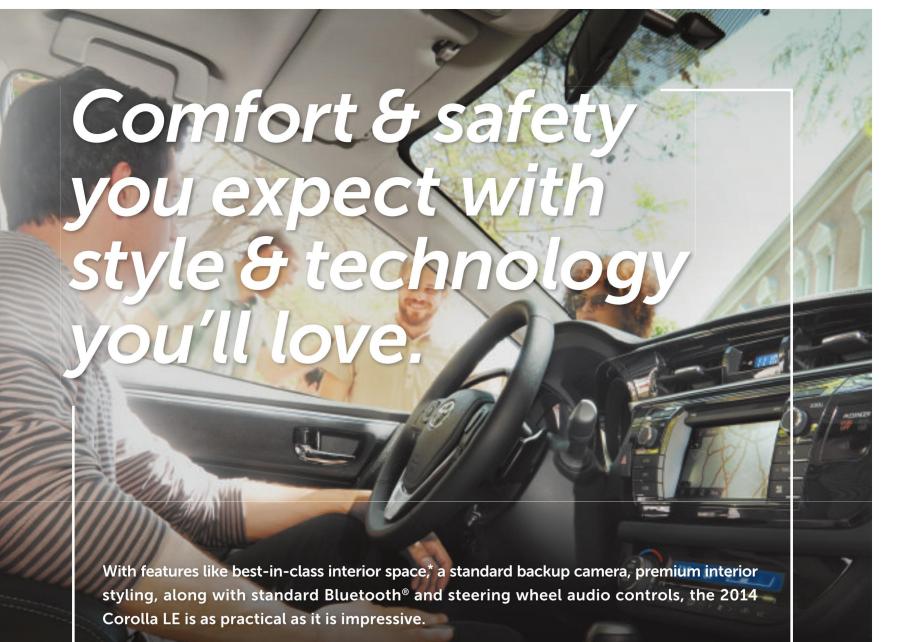
Family court cases, jury trials and witness testimony won't be heard in the broadcast courts, Joyal said. Provincial court Chief

Provincial court Chief Judge Ken Champagne said judges had to strike a "delicate balance" between openness and protecting the safety and security of lawyers, witnesses and children.

Manitoba justice officials have been grappling with camera access since 2008 when they formed a committee to discuss the idea and come up with recommendations.

While some argue allowing TV cameras make courts more transparent, others say they have a chilling effect on witnesses and could actually impede the justice system. THE CANADIAN PRESS









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City to come up with a strategy for brownfields redevelopment

'Near major services.'

Councillor behind proposal said many cities facing land shortage

A city committee has backed a councillor's call to deal with Winnipeg brownfields — land that sits idle due to having housed heavy industry.

On Tuesday, the city's property and development committee gave the public service 120 days to come back with a strategy for dealing with both publicly and privately owned brownfields.

Committee chair Coun. Jeff Browaty (North Kildonan) said the city is coming to the point where there isn't much left for development.

"The issue is we don't have a lot of new land coming up within the city of Winnipeg, we're coming to the point in many parts of the city where we're built out," said Browaty.

"There's an opportunity to take advantage of existing infrastructure whether it's roads, sewers, waterways, and you have to look at opportunities to bring some of this land that's contaminated — to varying levels of degrees, some very contaminated, some not all that contaminated — and finding productive ways of using it."

Coun. Russ Wyatt, who brought forward the motion at the March 26 city council meeting, said many Canadian cities face the same problem of a lack of land available to develop.

Wyatt said city estimates put brownfields at anywhere from 1,000 to 2,000 acres.

"These pieces of land are quite often in the middle of the city, near major services that's already being provided, that run right past them." Wyatt told Metro during an interview last week. "They're in strategic locations that can serve for redevelopment for housing, for retail, for commercial, for light industrial."

Wyatt said other cities have created offices for brownfields redevelopment and the federal government's new Building Canada fund identified brownfields as an area of concern.

BERNICE PONTANILLA/METRO



North Kildonan home deemed uninhabitable

The owner of a North Kildonan home that has become a "blight" on the community has been ordered to make the home habitable or have it demolished.

Dennis Pelisek, whose Brahms Bay house is affected by the March 4 order, appealed to councillors on the property committee Monday to give him more time, saying that the home is undergoing renovations.

"I found this absurd, the house is under construction and they're jumping on me about prohibiting occupancy," said Pelisek, who became emotional while telling committee members the difficulties he's encountered.

Pelisek said the work on the house has been going on for about 20 years.

In its order, the city stated the Brahms Bay home doesn't have a functioning kitchen or bathroom and is missing electrical switches and back stairs.

City officials said they'll continue to work with Pelisek to remedy the situation.

Committee chair Coun. Jeff Browaty, who grew up near the home, said it's "never a pleasant story" to have to enforce the city bylaws, but the owner was given opportunities to bring the home up to a habitable level

Pelisek has until June 13 to become compliant with the by-law. Bernice Pontanilla/Metro



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metronews.ca Wednesday, April 16, 2014

Paw and order: Cop dog retires

10 years of service.

Judge, 11, back to pet's life after 500+ arrests

The Winnipeg Police Service is saying goodbye to one of its longest-standing members.

Longest-standing on four legs, that is.

Police service dog Judge is hanging up the leash after 10 years of service.

"He's slowed down. I've worked with him long enough to know when it's time," said Patrol Sgt. Scott Taylor, who has worked with Judge since he joined the canine unit in 2004.



Sat. Scott Taylor and Judge METRO

"He's almost 11, and in our world that's unheard of for an 11-year-old dog to still be working the street and still producing."

During the course of their career, Sgt. Taylor and Judge have made more than 500 arrests, making them one of the most successful canine teams in the unit's history.

"He is the best for me, and I think his drive to always work, to never give up has made him successful. I sort of share that drive."

Judge has lived with Sgt. Taylor since he was seven weeks old, and the pair will continue to live together when Judge retires on Thursday.

"It's going to be hard for him to see me go (to work) every day, and it's going to be hard for me not to take him.

"I knew this going in, at some point this was where we were going to be. Father Time has caught up to him."

Sgt. Taylor said there won't be much of a transition for Judge at home.

SCOTT BEST/FOR METRO



Hedley lights up Winnipeg

An estimated crowd of 6,000 screaming, mostly teenaged fans gave Jacob Hoggard and Hedley a loud welcome to MTS Centre Tuesday night. The Canadian pop-rockers came though Winnipeg on their coast-to-coast Wild Live Tour. Shane GIBSON/METRO

High-risk offender

Sex offender could land in Winnipeg

Winnipeg police are warning the public about a convicted sex offender with a history of violent offences who is expected to live in Winnipeg upon his release from jail.

Michael Kyle Langille, 30, also known as Michael William Kyle Langille, was released from Headingley Correctional Institution Tuesday after serving a 12-month sentence for breaching the conditions of a previous release.

Langille has a lengthy criminal history dating back to 2004, when he was convicted of sexual assault, including a 2011 conviction for possession and distribution of child pornography.

Langille participated in some sex offender programming while in jail, but is considered a high risk to re-offend against female children and adults.

Anyone with information should call the Manitoba Integrated High Risk Sex Offender Unit at 204-984-1888. METRO

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Laura Secord School. Province continues gym construction spree

It's a new day and a new gym for the Province of Manitoba.

After announcing a new gym will be built at Kelvin High School on Monday, Education and Advanced Learning Minister James Allum was at Laura Secord School Tuesday to announce that they will also get funding to build a brand new gym.

"It's so important that our young people lead healthy,

active lives," said Allum in a release. "The funding I'm announcing today will ensure students here have greater opportunities to be involved in sports and other physical activities."

The nursery to Grade 6 school will have about 4,000 square feet of gym space added, plus space for change rooms, washrooms, storage and a teacher's office.

Dauphin. Women report suspicious pantyhose salesman to RCMP

Police in Dauphin are on the lookout for a suspicious man offering pantyhose to area women.

RCMP were first notified after a woman was flagged down on Highway 5, about 10 kilometres west of Dauphin, on March 31 by a man who said he was in possession of pantyhose and a condom. The man then tried to strike up a conversation but the woman drove away.

The next day another woman was sitting in her vehicle in Dauphin when a man approached telling her he sells women's pantyhose.

The man is in his 30s with light hair. He was wearing a black coat and dark pants and was driving a white newer-model truck

Anyone with information is asked to call Dauphin RCMP. ${\tt METRO}$



Tobacco companies pay billions to states under settlement

\$6 billion US annually. Payments come amid criticism that U.S. states should be using more of the money for tobaccoprevention programs

America's top cigarette makers said Tuesday they have paid about \$6 billion US to states annually as part of a long-standing settlement in which some companies are paying states for smoking-related health care costs.

Under the 1998 Master Settlement Agreement, participating tobacco companies agreed to make billions in payments to 46 states, Puerto Rico, the U.S. Virgin Islands, American Samoa, Guam, the U.S. commonwealth of the Northern Mariana Islands and the District of Columbia over more than two decades. States first received full payments under the settlement in 1999. It was estimated that the companies would pay up to \$246 billion over 25 years. Future annual payments will continue in perpetuity.

The billions in annual payments come amid criticism from public health officials that states are using only a small amount of the money to fund tobacco-prevention programs, making it harder to reduce death and disease caused by tobacco use. The settlement did not mandate that the money was to be used for anti-tobacco and stop-smoking programs.



While states on average have never spent as much the U.S. Centers for Disease Control and Prevention would like, the total has declined dramatically in recent years as states have grappled with budget deficits. Many also have raised tobacco taxes in order to increase revenue and supplement funds provided by the tobacco industry.

Philip Morris USA, the nation's largest cigarette maker owned by Altria Group Inc., said Tuesday that it made its payment of about \$3.3 billion as part of the settlement.

The Richmond-based maker of Marlboro, Virginia Slims and Parliament cigarettes said the payment includes an undisclosed amount that it says it doesn't owe that was deposited into a separate account. The company will try to get it back through negotiations or arbitration, as allowed under the settlement.

R.J. Reynolds Tobacco Co., owned by Reynolds American Inc., based in Winston-Salem, N.C., paid \$1.77 billion this year. The maker of Camel, Pall Mall, Kool and other brands deposited a portion it disputes — \$421 million — into a separate account.

Lorillard Inc., Greensboro, N.C.-based maker of Newport, True and Maverick brand cigarettes, paid \$1.1 billion this year, including \$93 million it disputes. THE ASSOCIATED PRESS

Total payments

Philip Morris USA said it has paid more than \$66 billion US under the settlement and previous agreements since 1997. RJR has paid more than \$33 billion under the agreements, and Lorillard has paid more than \$16 billion.



Remembering Boston tragedy

Boston Medical Center employees sign part of the "America 4 Boston Prayer Canvas," which has been signed by more than 50,000 people from all 50 states and 30 nations in remembrance of the 2013 Boston Marathon bombing. MATT STONE/THE HERALD/THE ASSOCIATED PRESS

Immigration activists

Obama urged to curb deportations

Latinos and immigration activists are warning of political peril for U.S. President Barack Obama and Democrats in the fall election unless the president acts boldly and quickly to curb deportations and allow more immigrants to remain legally in America.

Deportations near the two million mark for the Obama administration.

THE ASSOCIATED PRESS

Suspected neo-Nazis

Life in prison for Greek killers

An Athens court has convicted two Greek men to life imprisonment for stabbing a Pakistani immigrant worker to death last year.

The court ruled Christos Stergiopoulos, 30, and Dionyssis Liakopoulos, 26, intended to kill 27-yearold Shehzad Luqman when they stabbed him.

THE ASSOCIATED PRESS

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'Worst mass murder in Calgary's history'

Celebration turns into tragedy. Cop's
son charged as city
reels from house party
stabbing spree that left
five people dead

The son of a senior Calgary police officer has been charged with five counts of first-degree murder in connection with the stabbing deaths of five young people, believed to have been celebrating the end of the University of Calgary's winter semester.

"This is the worst mass murder in Calgary's history," Calgary police Chief Rick Hanson told reporters on Tuesday.

The suspect, 22-year-old Matthew Douglas de Grood, is the son of a 33-year member of the Calgary Police Service, confirmed as Insp. Doug de Grood. Hanson told reporters he spoke with the suspect's

In shock

"This is not something that happens here."

Calgary Mayor Naheed Nenshi

father, who said he and his wife are heartbroken.

"They are now feeling so much sorrow.... Those young people are dead and they are absolutely devastated."

Police officers were first called to a house party in the city about 1:20 a.m. Three people were found dead at the scene, while two more died in hospital.

Hanson said the victims included a 22-year-old man, a 23-year-old woman, two 23-year-old men and a 27-year-old man. An EMS spokesperson said at least one other partygoer was injured, but was taken to hospital in stable condition.

"Every Calgarian is shaken to the core by what has happened here," Calgary Mayor Nenshi said. "Our thoughts and prayers are with the young people we lost today, and with their families and friends and certainly the university community."

Two of the dead have been identified by friends as Zackariah Rathwell and Josh Hunter, both members of a band called Zackariah & The Prophets.

Elsewhere, four people have been injured in an apparently random stabbing incident at a downtown shopping centre in Regina. Police say three people were taken to hospital and one person was treated at the scene and released. Police say a male youth is in custody.

JEREMY NOLAIS, ROBSON FLETCHER & BRYAN WEISMILLER/METRO IN CALGARY, WITH FILES FROM THE CANADIAN PRESS



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Senate scandal

No charges for Harper's former chief of staff

RCMP officials say Nigel Wright, former chief of staff to Prime Minister Stephen Harper, won't face criminal charges in connection with the ongoing Senate expenses scandal.

Wright resigned after it was disclosed he wrote a personal cheque to Mike Duffy to allow the former senator to repay disallowed housing expenses.

Investigators now say the evidence gathered "does not support criminal charges" against Wright.

In a statement distributed Tuesday by lawyer Peter Mantas, Wright sounded a note of vindication.

"My intention was to secure the repayment of taxpayer funds. I believed that my actions were always in the public interest and lawful," Wright said. "The outcome of the RCMP's detailed and thorough investigation has now upheld my position."
THE CANADIAN PRESS

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RCMP. Officer faces charges from 1982

A senior RCMP officer has been charged with sexual offences involving a 12-year-old girl more than three decades ago.

Saskatchewan RCMP said Insp. Ronald Makar faces one count of sexual intercourse with a female without her consent and one count of having sexual intercourse with a female under the age of 14.

The charges are based on the 1982 Criminal Code and would be equivalent to sexual assault today.

"Allegations like these are disturbing when made against a member of the general public," Supt. Alfredo Bangloy said at a news conference Tuesday.

Makar has been a Mountie for 34 years. He was arrested Tuesday morning at the Wood Buffalo detachment in Fort McMurray, Alta., and has been suspended with pay.

Bangloy said a woman filed a statement last year alleging that she was assaulted in the summer of 1982 by a man and a woman "who were involved in a romantic relationship."

The woman, Constance Haduik, is charged with one count of indecent assault of a female person. She was arrested at her work in Kyle, Sask. Bangloy would not say how the three were connected.

Both of the accused are to make their first court appearances June 4 in Carlyle. RCMP said if convicted, Makar would face an RCMP Code of Conduct review that could result in his dismissal. THE CANADIAN PRESS

Hockey parents troll online forums to criticize players

Not leaving it on the ice. Ontario message boards are awash with nasty comments



"How can a fat, out of shape dad have a kid who is a real athlete? Not likely."

Hockey parents in Ontario have taken to an online forum to bully young players with nasty comments such as the one above, and back-and-forth banter harshly criticizing their skill.

Network54.com is a free message board website filled with everything from basketball and hockey tryouts to video game forums, but several threads posted by Ottawa hockey parents have gotten downright nasty. One post criticizes an elite-level teenaged female AA hockey player, arguing she doesn't belong on a certain Ottawa hockey team.

"But Daddy and Mommy have pumped her head up so much that she can barely get a helmet on," the anonymous post read. Another thread entitled "AA parents who think their kids is AAA" calls out another young player as getting a "free ride," on a AAA team

"What you have is a loser kid who can't make a team on his own merit," one post read.

Others were so shocking they were not fit to print.

Ontario Hockey Federation (OHF) executive director Phillip McKee has been aware of the site for years, but because it's anonymous and based out of California, there is nothing his organization can do.

"People who go on here anonymously aren't accountable for the words they say or the actions they say," said McKee, adding that the OHF has suspended parents and players in the past for making inappropriate remarks via Twitter or Facebook.

"As adults, we are the leaders and role models for our children. This to us as an organization is unacceptable behaviour and if they said it face to face in the rink, they would be suspended."

Hockey parent and coach Sam Seymour has three children who play hockey — one who plays AAA in the Outauais, Que. He said there are similar sites in Quebec and the nasty banter is just as ugly on those sites. "The interactions in the rinks are crazy enough that I don't know why we want something else to facilitate it," said Seymour.

Metro set up an account on the site and reached out to



Messages on Network54.com could be harmful to young players, and potentially influence their decision to stay in the game, an expert says. GETTY IMAGES

the parents, but nobody came forward.

The Ontario Minor Hockey Association is introducing a mandatory "Respect in Sport" program for hockey parents in the province for the 2014-15 season and although Seymour said awareness is never a bad thing, he's not so sure it will change much.

"Taking a course doesn't

Sports psychology

Impacting young kids' confidence

An Ottawa developmental psychology professor says a hockey forum for parents that targets and criticizes young players could be the trigger that makes them leave the game for good.

Anne Bowker, an associate professor at Carleton University, did a study on hockey parents five years ago, attending 70 games and noting what parents were saying.

She found that most parents are positive with a "small minority" of aggressive parents shouting. "A parent expressing those kinds of negative comments can have an impact on how a kid feels about himself and whether they continue to play that sport," she said.

She thinks, or at least hopes, the online trolls are part of that minority. TREVOR GREENWAY/METRO IN OTTAWA

change a person's innate behaviour, but hopefully it makes them more aware and I think people are becoming more aware of where the lines are," he said.

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Military takes action in east Ukraine

Eastern uprising. First clash since president's 'anti-terrorist operation' announced

In the first Ukrainian military action against a pro-Russian uprising in the east, government forces said they clashed Tuesday with about 30 armed gunmen at a small airport.

The clash came hours after Ukraine's acting president, Oleksandr Turchynov, had announced an "anti-terrorist operation" against the armed, pro-Russian insurgents who had seized control of numerous buildings in at least nine cities in Ukraine's restive east.

The central government has so far been unable to rein in the insurgents, who it says are being stirred up by paid operatives from Russia. The insurgents are demanding broader autonomy and closer ties with Russia.

The clashes Tuesday came at Kramatorsk airport, just south of the city of Slovyansk, which is 160 kilometres from the Russian border. The city has come under the increasing control of the gunmen who seized it last weekend.

There were conflicting reports of casualties. Russian media, without sourcing, claimed anywhere from four to 11 casualties at the airport. The Ukrainian government said there were no casualties.



Berlusconi. Former Italian PM sentenced to community service

Former Italian prime minister Silvio Berlusconi was ordered Tuesday to spend four hours a week helping the elderly to repay society for his tax fraud conviction, a sentence that imposes few restrictions on his campaigning in the upcoming European elections.

The 77-year-old three-time former prime minister cannot run in the elections due to the conviction, but he remains influential in politics as head of the Forza Italia party. His support is also crucial for a constitutional reform to abolish the Senate sought by Prime Minister Matteo Renzi. The two men met on the eve of the court's decision in Renzi's offices, according to Italian media reports.

Berlusconi's four-year sentence for tax fraud was confirmed by Italy's highest court last summer, the first ever against the media mogul in



dozens of prosecutions, and reduced to one year under a general amnesty aimed at easing overcrowding in Italian prisons.

Due to Berlusconi's age and the relatively short sentence, prison time was never likely. He was, however, booted from the Senate and given a two-year ban on running for elected office. THE ASSOCIATED PRESS

LGBT equality

India recognizes transgender rights

India's top court issued a landmark verdict Tuesday recognizing transgender rights as human rights, saying people can identify themselves as a third gender on official documents.

The court directed the federal and state governments to include transgender people in all welfare programs for the poor including education, health care and jobs to help them overcome social and economic challenges. Previously, transgender Indians could only identify themselves as male or female in all official documents.

There are an estimated three million transgender people in India.

THE ASSOCIATED PRESS

Flight 370

Sub aborts first search mission

A robotic submarine hunting for the missing Malaysian jet aborted its first mission after only six hours, surfacing with no new clues when it exceeded its maximum depth along the floor of the Indian Ocean, officials said Tuesday.

Search crews sent the U.S. navy's Bluefin 21 into the depths Monday to begin scouring the seabed for the missing plane after failing for six days to detect any new signals believed to be coming from its black

The data collected by the sub was later analyzed and no sign of the missing plane was found, the U.S. navy said.

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metronews.ca Wednesday, April 16, 2014 metr⊕ **NEWS**

Last December, the Supreme Court of Canada ruled unanimously that the country's prostitution laws are unconstitutional. The federal government was given a year to decide next steps. In the meantime, "red lights" across the country are operating in a grey zone, as sex workers, local governments and the public wait to see what will happen.

Sex ed: City-run class all about knowledge

For Day 2 of our three-part series, Metro Čanada takes a look at how Edmonton has been actively regulating 42 massage parlours in its jurisdiction, with rules about their location, hours of operation and even requiring those who work there to complete a city-run class. We also find out what a massage therapist thinks about establishments that offer rubs, tugs and sometimes more



RYAN TUMILTY

Every two weeks, another 10 to 15 women join Edmonton's sex trade.

In a city-run information course, they take the last step towards being licensed to work in one of Edmonton's body rub parlours.

After a criminal record check is complete they take part in the three-hour class and become licensed to work in one of the parlours. Sarah Croll, a municipal enforcement officer, is part of the group that oversees these classes that she says give out fundamental information sex workers need.

"Knowledge is really important for those who have either never worked in the industry before or workers who just were never told," she said.

In addition to tutorials on bylaws and provincial employment standards, class attendees can also get tips on declaring income and taxes.

Kate Quinn, from Edmonton's Centre to End All Sexual Exploitation, says the class is a way of making sure the women entering the parlours know their rights.

"We are able to inform them about what they are getting into, so kind of eyes wide open, these are the realities and here are some facts," she

Quinn said women entering the sex trade often don't understand that they have rights.

"You have the right not to be sexually assaulted and this is what sexual assault looks like," she tells the women in the class. "You have rights

Enforcing the law



parlours. The posters have information for sex-trade workers on resources they can turn to, along with rules on how parlours must be run. RYAN TUMILTY/METRO IN EDMONTON

Working to prevent exploitation

In 2009, Edmonton police laid the first human trafficking charges in the city's history after three women were discovered working under extreme conditions at a local body rub parlour.

Located on the north end of the city, Sachi Professional Massage and Spa was raided by police, who called the conditions of the victims 'modern-day slavery."

Ranging in age from 21 to 41, the three women worked and slept in the same room in the parlour, which was open 24 hours a day, seven days a week. City regulations have since changed, limiting the hours of operation at body rub parlours to 7 a.m. to 11 p.m.

According to police, the women came to Canada legally from Beijing and Fiji after answering a newspaper ad for a job in the mas-

While three people were charged in connection to the case, ACT Alberta, an advocacy group that works with police and other local stakeholders to address human trafficking in the province, reported all charges were dropped because victims refused to testify. LEAH GERMAIN/METRO IN EDMONTON

if you become a victim of

Croll regularly visits the city's licensed parlours to introduce herself to women in the industry, hopeful that this familiarity will make it easier for individuals to come to her and other enforcement officers for help later, if neces-

"It's a really good chance for us to build a relationship before we actually venture out into the studios," she said.

Under the law. 'It's just another licence'

Despite the recent Supreme Court of Canada decision, selling sex is still illegal in Canada. Yet in some of Edmonton's massage parlours, it's happening every day.

The city runs classes for body rub workers, regulates where businesses can be located and their hours of operation.

"The topic may generate people's strong opinions, but it's just another licence that we issue," said Garry Dziwenka, Edmonton's director of licensing.

He says the city's bylaws aim to keep workers safe above all else.

'The City of Edmonton has put in a progressive legislative model that focuses on the safety of the workers and the safety of the neighbourhoods.'

The regulations call for criminal record checks and require at least two people to be working at each establishment at any given time. Parlours also must be at least 100 metres away from schools and daycare centres.

Municipal enforcement officer Sarah Croll, along with an Edmonton police officer, visit each licensed parlour at least once a

"We will go out to every single one of them and we will spend time checking the licences, making sure that everyone who is there is licensed to be there," she

"It's a very transient type of industry so we want to make sure that our list matches their list and we know where people are working should we need to get a hold of them," she

RYAN TUMILTY/METRO IN EDMONTON



metronews.ca Wednesday, April 16, 2014



Legit massage therapists rubbed the wrong way

Separating legitimate from intimate. Illicit body rub biz puts sexual pressure on some masseuses with above-board practices

Legitimate massage therapists say they are tired of people assuming their work comes with the same "happy ending" that body rub parlours offer.

Chandra Kastern, the assistant executive director of the massage therapists association of Alberta, said her industry faces demands for sexual services that no other health professional faces.

"You don't go to a chiropractor and expect that or any number of other professions that involve an individual relationship," she said.

She said massage therapists get customers who expect sex to be part of legitimate massage. It creates concerns and safety risks.

"We work in isolation so a lot of times you have an individual practitioner either in a business or a home, working on their own," she said.

She said the industry also has to deal with the stigma created by the blurred line.

"When people hear 'massage parlour,' they immediately think of the less-thanabove-board practice, and that stigma is what continues to drive members of the pub-

Up next in the series

Tomorrow

We talk to one man who visits Edmonton's massage parlours and why he thinks it's cheaper than dating. We also speak to those who live nearby.

• Online: If you missed the first day of our series, visit metronews.ca/features/masage-parlours to read our interview with Elizabeth, a massage parlour worker who goes by the name Roxy when she is on the job, and our interview with a bodyrub parlour owner.



The massage therapists association of Alberta says having sex-fuelled parlours can create workplace dangers for legitimate masseuses. ISTOCK IMAGE

lic who are looking for those adult entertainment services into our businesses."

During the 2011 federal election campaign, it was reported that then-NDP leader Jack Layton was found in a Toronto massage parlour during a police raid 15 years earlier. The worker in the parlour was a registered massage therapist, and the event prompted an open letter from massage therapists across the country.

"The insinuation that a massage therapist is anything but a health professional does nothing to validate or improve the image of the profession in the public psyche," read the letter.

Kastern said the best solution to this problem would be for massage therapists to be regulated in all provinces, as they currently are in New Brunswick, Newfoundland, Ontario and British Columbia. She said registration would allow them to better draw a line.

Kastern said that if massage therapists were regulated they would be able to stop people who aren't trained from calling themselves therapists and find other ways to create clearer lines between the two industries.

RYAN TUMILTY/METRO IN EDMONTON

Have your say

Curious what regulations exist in your city when it comes to body rub parlours? Visit metronews.ca/features/ massage-parlours for an interactive map with highlights of your local bylaw.

Parlours can be found across Canada, maybe even close to your home. Follow us @metropicks and give us your thoughts on these businesses, their workers and those who visit them.

With the government looking at prostitution laws, now is your time to be heard.

metronews.ca Wednesday, April 16, 2014 metr⊕ **BUSINESS**

San Francisco set to legalize Airbnb

Short-term rentals.

Whether legal or not. residents are renting out their homes, so now the City by the Bay aims to impose some rules

Legislation set to be unveiled in San Francisco would make it legal for city residents to rent out their homes on sites such as Airbnb, but only if they have liability insurance and meet other requirements, a newspaper reported.

Supervisor David Chiu was expected to unveil the legislation on Tuesday, according to the San Francisco Chronicle.

Short-term rentals are currently banned in San Francisco. Officials in other parts of the country, including New York City, have raised concerns about them as well. New York's attorney general has demanded that Airbnb turn over data about New York City residents who have listed on the site as part of an investigation into whether they are breaking a state law barring sublets for fewer than 30 days if occupants are not present. On its website, Airbnb warns hosts to be aware of the laws in their city, noting that some restrict people's ability to host paying guests for short periods.

Chiu's bill would lift the ban in San Francisco, but also impose regulations. It was applauded by some tenants' groups. Advocates for property owners, however, said it would not address their concern that short-term renters could pose a safety and health risk to other

Chiu said San Francisco's blanket restriction was clearly not working given that tens of thousands of visitors to the city use sites such as Airbnb.

"We believe a different approach is necessary to create a distinction between reasonable behaviour and bad behaviour," he said. "And on the other hand, (we support) the idea that working families, students and residents trying to make rent might be able to slightly supplement their income.

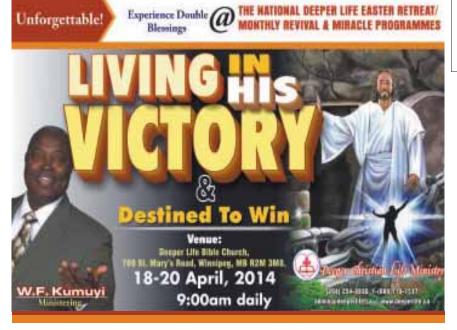
THE ASSOCIATED PRESS



Samsung's latest smartphone blooms

People watch an advertisement for Samsung's Galaxy S5 smartphone in Seoul on Tuesday. Samsung Electronics Co. released its latest Galaxy S5 smartphone and wearables in 125 countries around the world last week. AHN YOUNG-TOON/THE ASSOCIATED PRESS





Questions. **NDP** wants answers for **Heartbleed**

Two New Democrat MPs have written to the minister in charge of the Canada Revenue Agency asking her to explain what they say are discrepancies in the timeline of the Heartbleed security

bug. The NDP's Charlie Angus and Murray Rankin put several questions to National Revenue Minister Kerry-Lynne Findlay about the CRA's actions from the time the public was made aware of the bug to when the agency shut down its website last Tuesday evening.

THE CANADIAN PRESS

Gone flat

Coca-Cola's pop sales fizzle for first time since 1999

Coca-Cola, the world's biggest beverage maker, said Tuesday that the amount of soda it sold globally fell for first time in 15 years.

The drop in the first quarter was offset by strong-

er sales of its noncarbonated drinks that include Minute Maid, Powerade and Dasani bottled water. Overall volume rose two per cent, an improvement from the one per cent increase the previous quarter. But the one per cent decline in global soda volume is notable for Coca-Cola: The last time the figure fell was in 1999, according to the company. THE ASSOCIATED PRESS

Market Minute



Natural gas: \$4.57 US (-\$0.01) Dow Jones: 16,262.56 (+89.32)







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metronews.ca Wednesday, April 16, 2014 **VOICES**

HALLELUJAH STILL STRIKES A CHORD

What is it about Hallelujah?

I'm not talking about Handel's Christmas chorus, but the wonderful (if mournful) Leonard Cohen song that has been covered more times than the national anthem.

There are more than 300 known covers, and now there's one more thanks to a surprise wedding version performed earlier this month by an Irish priest that has generated more than 26 million YouTube views.

The Pope would like those numbers. In his

Father Ray Kelly has a melodious voice and his performance, standing at the altar, is quite straightforward and lovely, mercifully free of devotional histrionics. At the end of it, he gets a standing ovation from the parishioners.

Ironically, the original is anything but holy, unless you mean Holy Cow!

Verse 2:

"Your faith was strong but you needed proof/You saw her

bathing on the roof/Her beauty in the moonlight overthrew ya. 'She tied you to a kitchen chair/She broke

your throne/And she cut your hair/And from your lips she drew the Hallelujah.

And that's just the part we can repeat in a family newspaper.

Obviously, Father Kelly's lyrics are more matrimonial, but his voice still captures the rapture of the magnificent chorus that the now-deceased singer Jeff Buckley first nailed in the first cover version all the way back in 1994. The original, recorded way back in Cohen's wry, dry monotone, inspired no one but connoisseurs of clever lyrics, but since Buckley's cover, it's gone on to sell more than a mil-

lion digital copies, has been ranked number 259 on Rolling Stone's 500 Greatest Songs of All Time, and a British poll of 50 songwriters listed it among the top 10 tracks of all time. John Legend, no stranger to soulful music, calls the Buckley version "one of the most beautiful pieces of recorded music I've ever

heard."

What is it about this song? Is it that "secret chord/That David played and it pleased the Lord?" Or is it the fact that Cohen rewrote the song 80 times, at times banging his head against the floor. It got to him, too.

It got to Bob Dylan, Neil Diamond and k.d. lang. It got to various American Idol, X Factor and The Voice contestants, and it got to the music producers of half the soundtracks of half the

It got to the Maccabeats of Yeshiva University. And it got to Father Ray Kelly at a wedding in Ireland.

In a way, it's the Hallelujah Chorus of our time: bitter, mournful, ironic, haunting ... and redeeming.

The last verse sends chills down my spine:

"I did my best/It wasn't much/I couldn't feel so I tried to

"I've told the truth/I didn't come to fool ya

"And even though it all went wrong/I'll stand before the

"With nothing on my tongue but Hallelujah.

"Hallelujah."

ZOOM

Sun, moon, Earth align

JUST SAYIN

metronews.ca

Paul Sullivan



Skywatchers catch rare 'blood moon'

Sky-gazers in North and South America, Australia and New Zealand were treated to a full lunar eclipse — at least those fortunate enough to have clear skies.

The moon was eclipsed by the Earth's shadow early Tuesday, beginning around 1 a.m. EDT for 5 1/2 hours. The total phase of the eclipse lasted just 78 minutes.

For some, the moon appeared red-orange because of all the sunsets and sunrises shimmering from Earth, thus the name "blood moon." THE ASSOCIATED PRESS



Did you miss it? Next total eclipse is Oct. 8

It's the first of four eclipses this year and the first of four total lunar eclipses this year and next. The latter is a rare lineup: the next

so-called tetrad of total lunar eclipses won't occur until 2032-33. In the meantime, get ready for a solar eclipse in two weeks.

SEE THE NEWS COME ALIVE...



FILL SCREEN WITH METRO AR IMAGE IMAGE TO SCAN JUMPS TO LIFE

metræ

In this issue, you can find AR enhancements on page 14 in Scene, page 20 in Life, page 24 in Work/Education, page 28 in Sports, and page 31 in Drive.

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

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- 3. Voilà! You should see the AR in action like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

Jenga game is larger than life

I once had the dimly recalled

ANDREW



experience of playing a drinking game version of Jenga where each block assigned you a stupid human trick to perform. Eventually, the novelty wore off and it gradually devolved into a game of classic Jenga, only louder. Years later, the realization strikes about how that game could have been improved. Heavy machinery! Not combined with the alcohol of course, but as this Caterpillar stunt proves, serious

training can make even Earth-

championship contender.

shaking technology a party game





Coming back to haha-haunt you

Killing 'em with laughter. Hollywood hasn't always cared for a shot of humour with its horror



FOCUS Richard Crouse scene@metronews.ca

If the Paranormal Activity movies curdle your blood and The Conjuring kept you up at night, perhaps A Haunted House 2 will be more your style. A humorous hybrid of horror hits, it stars Marlon Wayans and Jaime Pressly in a sequel to the popular (but critically lambasted) 2013 comedy.

According to IMDB, in the new film Wayans has "exorcised the demons of his ex" and is trying to start his life anew with his girlfriend. Unfortunately his new house turns out to be haunted and, even worse, his back-from-thedead ex has moved in across the street.

It's all played for laughs — and will likely not give audiences nightmares — but it would be interesting to know how the makers of movies like Sinister, The Possession, and Insidious feel about having their movies made fun of.

Some filmmakers are flattered.

Night of the Living Dead icon George A. Romero enjoyed the zombie takeoff Shaun of the Dead so much he asked star Simon Pegg and director Edgar Wright to appear in Land of the Dead. The duo can be seen chained up in a 12-second cameo under a sign that reads Take Your Picture with a Zombie during the film's carnival sequence.

But not everyone gets the joke.



Years ago Boris Karloff made it known he wasn't very happy about a horror comedy. He was approached to play the monster in Abbott and Costello Meet Frankenstein, but declined because he felt the duo's brand of slapstick would be an insult to horror movies. Nonetheless he did some promo for the film there are publicity pictures of him buying tickets at the box office - and later appeared in Abbott and Costello Meet the Killer, Boris Karloff and Abbott

and Costello Meet Dr. Jekyll and Mr. Hyde.

Another horror legend said yes to Meet Frankenstein but no to the comedy. The movie was the only other time Bela Lugosi played Dracula on the big screen and he played it straight.

"There is no burlesque for me," he said. "All I have to do is frighten the boys, a perfectly appropriate activity. My trademark will be unblemished."

Finally, the movie Young

Frankenstein gave overdue credit to an old-time movie studio technician. When Mel Brooks was prepping the film he discovered that Ken Strickfaden, the designer of the "mad scientist" electrical machinery in the Universal Frankenstein films, had all the equipment from the original movies stored in his garage. Strickfaden agreed to rent Mel the props and received a screen credit, which he hadn't been given on the original films.

That's scary stuff, kids

"There is no burlesque for me. All I have to do is frighten the boys, a perfectly appropriate activity. My trademark will be unblemished."

Bela Lugosi on reprising the role that made him famous, playing Dracula straight in the 1948 horror comedy Abbott and Costello Meet Frankenstein.

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Robin Thicke as thieves in reality show with dad



All in the family.

Unusually Thicke series blurs lines between sitcom and reality TV

Alan Thicke says his pop-star son Robin Thicke is handling the turmoil of his split with actress-wife Paula Patton "very effectively through his music right now."

"He is in the midst of a new album that is very emotional and dynamic ... and he's sounding great," Thicke said in a recent interview to promote his new reality/comedy series, Unusually Thicke.

The Blurred Lines singer, who has cancelled a couple of shows due to vocal issues since announcing his separa-

Series debut

Unusually Thicke premieres Wednesday at 10 p.m. ET/ PT on Slice. tion from wife Patton in February, is among the stars who appear in Unusually Thicke.

The reality/sitcom hybrid follows Thicke, model-wife Tanya and their family — which also includes sons Carter and Brennan, owner of a marijuana dispensary — in Santa Barbara, Calif.

"I think my favourite side of Robin that a lot of people don't get to see is what a great dad he is," said Tanya. "He is such a good dad and he is such a disciplinarian to (son) Julian."

"I remember asking him, 'Robin, wow, you're always disciplining Julian, and Julian says 'Thank you' and 'Please' and everything,' and it's like, 'Yeah, well you know dad — dad didn't ever discipline me,'" she added with a laugh.

Thicke, 67, admits it's the truth.

"My kids will all tell you that I was way too liberal, too indulging, too casual with them. Casual not in the sense that I didn't care or wasn't watching or wasn't there, but casual in that you always want to kind of trust them and hope that they're smarter than teenagers really are."

Meanwhile, Carter — Thicke's youngest son from his marriage to second wife, Gina Tolleson — is "a pretty good boy, but occasionally there's a little correction necessary, some of that we see on the show," said Thicke.

Does Carter's participation on the series mean the 16-year-old wants to get into show business?

"I hope not," said Tanya, laughing. "I'm hoping he's going to become a lawyer."

"And represent troubled actors," added Thicke, whose recent TV credits have included How I Met Your Mother and The L.A. Complex.

Thicke brings plenty of self-deprecating humour to the 14-episode series, which also features guest appearances from Bob Saget, David Hasselhoff, Wayne Gretzky, John Stamos and Bill Maher. THE CANADIAN PRESS

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Wednesday, April 16, 2014

All good things come to an end

With the first half of the seventh and final season of Mad Men underway, creator Matthew Weiner — and two of the show's most celebrated actors — take a moment to reflect on the series and even wonder, 'What's next?'

NED EHRBAR

Metro World News in Hollywood

Jon Hamm gets ready to say goodbye



With the last season of his run as Don Draper coming to an end, Jon Hamm took a moment to reflect on the character that put him on the map.

So what would he and Don talk about if he got a chance to sit down with the mysterious ad exec? "I think we'd talk about life," Hamm says. "I think we'd talk about families, we'd talk about experiences and I'd ask him to please shape up."

And when everything Mad Men is all said and done, what will Hamm do next? "No, I don't know, honestly. I really don't.

It's a long way down the road. I'm sure it will be incredibly difficult, but all good things come to an end. This is no exception."

Matt Weiner just might take a vacation

Mad Men series creator Matt Weiner doesn't yet have a sense of what he'll want to make next.

"I think I'll know what's on my mind when it's over for a little bit," he says of Mad Men's final season. "I haven't taken a vacation in a long time. I made a film in between two of the seasons, which is coming out this summer after this block of episodes."

In terms of future work, Weiner doesn't know if he'll return to TV. "This is one of the best lives there is and I don't expect this to happen again, but I would love it."

So has the show changed his life? Weiner says creatively it's been challenging beyond his wildest dreams. He's directed, learned how to produce and learned how to deal with business.

"I've learned so much about America, learned so much about myself. Everything changed," he says.



THE ASSOCIATED PRESS FILE

Elisabeth Moss looks ahead

For six seasons, Mad Men has chronicled the career of Don Draper, but it's also followed the career of his assistant-turnedfull-fledged-mad-woman Peggy Olson, played by Elisabeth Moss.

Some viewers have even gone so far as to speculate that the whole arc of the series — which began on Peggy's first day on the job, after all — is actually more about Peggy than Don. Moss, for her part, is flattered by the idea, but she's not having it. "I think it's about Don Draper, he's the lead character of the show," she insists. "That would be a very long red herring story."

So, red herrings aside, what does Moss hope the conclusion of the series holds for Peggy? "I want her to be working and I want her to be successful at her work, but I think that's because I identify with her, so I kind of want what she wants. I hope that she gets that," she says.



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metronews.ca Wednesday, April 16, 2014 DISH



Garfield feels the great responsibility of filling out those tighty-Spideys

Andrew Garfield's Amazing Spider-Man costume is so skintight, he feels nearly naked — which is fine by him. "I love being naked," he tells Metro U.K. "It's important to be naked and be in touch with our bodies and not have shame about what we're made of. I love being in touch with nature and my own nature." Then there's the issue of how much the form-

something Garfield admits was given a lot of thought. "It takes a lot of consideration because you don't want it to be underwhelming," he joked during a TV interview in Australia recently. "You don't want it to intimidate, and you don't want it to (do) the opposite of intimidate. So yes, there is thought. But ultimately you have to trust that what you have is enough.

Kelly's plans with her Coachella posse go all Paris-shaped

Apparently there was some major drama during the first weekend of the Coachella music festival as Kelly Osbourne took to Twitter to call out Paris Hilton for an icy encounter. Sources tell Us Weekly that the bitterness started when Hilton and her posse showed up at a VIP event and asked the organizers if they could have the table where Osbourne and her crew were sitting. The organizers asked Osbourne to move upstairs, which she



did. Osbourne later tweeted at It's not 2005, no one cares.

Hilton, "Please grow up. There is no reason to act like a child. You could of happily joined us!





Trying to explain why some people are mean, my two year old interrupts and says. "Maybe they just need love"



@RebelWilson

When people name their dogs after you - is that a good thing?



@NiallOfficial Lovely evening for a cycle! Deffo goin tonight

METRO DISH



Upton pays clip-on sérvice to her boobs

MELINDA

Kate Upton has such an amazing body that people keep putting it on icebergs and sending it to space. Doesn't matter where you put it: She looks amazing in a bikini, parka or while weightless or, I assume, in a volcano, which is probably next. But Kate Upton herself is tired of her breasts. Probably because she has to follow them onto icebergs

and into space.
"I wish I had smaller

boobs every day of my life as I love to wear spaghetti tops braless or go for the smallest bikini designs," Upton told the U.K. Sun (via Page Six).

"Every single day, I'm like, 'Oh, man, it would be so much easier,' especially if people didn't constantly bring them up." Not that Upton hates her

34Ds all the time. She just wishes they were optional. "If I could just take them off like they were clip-ons," she

I truly love the idea of Kate Upton, many a man's fantasy, with a nightmare closet of disembodied clip-on breasts in various shapes and

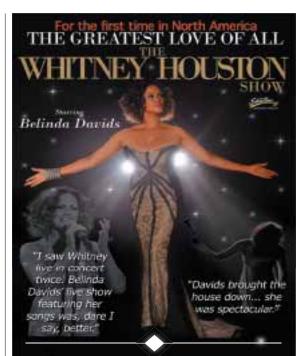
I love the idea of any woman with one of those, honestly.

Clearing the Aaron missing Nick's nuptials

Aaron Carter was a no-show at big brother Nick Carter's wedding in Santa Barbara last weekend, but it wasn't for lack of trying. "Aaron had a contract to appear at the Cherry Blossom Festival in D.C. before Nick set his wedding date. Even though he was obligated to fulfill his contract, Aaron still wanted to make the wedding," his rep tells E! News. "He was on his way when his US Airways plane experienced mechanical difficulties in Pittsburgh and they became grounded there. So he never made it.



Aaron was legitimately busting his ass to make it to his brother's wedding. He felt awful and had every inten-



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FLIP TO THE CENTREFOLD FOR A SNEAK PEEK!

See that symbol? It means you can scan this image with your Metro News app to see a gallery of tantalizing images from southern Italy

Touring the bottom of the boot

Southern Italy.

All you need is a little wanderlust and wine to enjoy this beauty

LIFE

SHORTT

Southern Italy may be known as the birthplace of pizza, but a tour down the boot offers a culinary, historical and esthetic experience that goes far beyond a bit of crust and marinara. For travellers hungry for an excursion away from the travel guide must-dos, the Amalfi Coast and Apulia regions are perfect for the Italian enthusiast.

The Amalfi Coast

Those who can stomach the winding narrow roads and steep cliffs of the Amalfi Coast be treated to beautiful, unspoiled views of the Mediterranean. Lush in greenery, the region is spotted with vertically built farms, quaint towns and pebble beaches. There is even an island or two off the azure

Eat and stay: Plenty of hotels dot the coastline, including the Hotel Delfino, which looks onto the island of Capri. Stop in the town of Amalfi for lunch on the beach at the Marina Grande

What to do: Take in a concert at the Villa Rufolo in Ravello. The area inspired Wagner's final opera Parsifal and the

stage looks over the coast; join a tour group for lunch at La Sorgente Farmhouse (they don't do private bookings) and see how a real Italian mamma makes mozzarella.

The labyrinth of Matera

It may seem like you are lost in the middle of nowhere, but historic Matera's maze of walls and corridors is worth the trek off the tourist routes, especially for an '80s kid who dreamed of chasing David Bowie's Goblin King from the film Labyrinth. From the paleolithic era right up to the 1960s, locals inhabited the Sassi di Matera (meaning "stones of Matera") — ancient cave dwellings along a canyon below the city. Some of the caves have been turned into museums, while others now house luxury hotels and restau-

Eat and stay: Take advantage of the city's history and stay at the Sant'Angelo Luxury Resort, which overlooks the canyon and caves. Matera is full of hidden cafés and restaurants many in caves - so you can lit-

For travel information, visit

metronews.ca Wednesday, April 16, 2014

hand against the stone and tiny bits will brush away. The town has changed hands many times throughout history, and its cathedral houses the bones of more than 800 martyrs who were beheaded for not denouncing Christianity during Ottoman rule in the 1400s.

Indulge in LecceWhile the town has a distinct laid-back style — men in blazers and caps ride by on bicycles and well-dressed women walk the city cobbles in flats - Lecce is a feast for the stomach rather than the eyes. The Apulia region is known for its fish and fave e cicorie selvatiche (a tasty fava bean and chicory soup) found on most menus. The real treat is a regional dessert called pasticciotto: a crunchy-sweet pastry filled with creamy lemon custard.

erally find your own hole in the wall Time travel in Otranto

It may be located at the h e e l of Italy's geographic

but don't hold that against Otranto. The city's castle, surrounding wall and cathedral are made of sandstone, pockmarked by age and weather. Brush your

Where to eat: Try pasticciotto

at the Pasticceria Luca Capilungo, which faces the ancient ampitheatre. For dinner, fill up on appetizers at the



Walking the world's longest river

Nile or nothing.

Writer and former army captain has set out on a dangerous year-long journey

Close calls with crocodiles, a brutal civil war and even the death of a fellow traveller have not deterred a British man from attempting to walk the length of the Nile River.

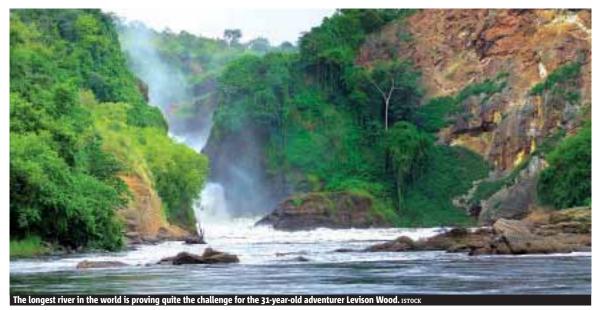
The year-long 6,800 kilometre journey along the world's longest river will see the former British army captain pass through seven countries.

After four months trekking through Rwanda, Tanzania and Uganda, Levison Wood is now in South Sudan, a country with little infrastructure that has been destabilized by four months of fighting between pro- and anti-government forces. The 31-year-old said it took three years to plan the walk from Rwanda to Egypt.

"I've always had a passion for Africa since I was young. The river Nile has always interested me and I thought, what's the biggest expedition I could ever think of? And walking the Nile it was," he told The Associated Press.

Though he faces many dangers on the walk from both man and beast, Wood noted that past explorers didn't have the luxury of a satellite phone or Google maps.

"We've had some close calls with buffalo, elephants and a very close call with a crocodile



in Murchison Falls," a national park in Uganda, he said Thursday. "The toughest challenge I'm finding is to keep the momentum going and not get too dismayed when there are delays."

On average Wood walks 20 miles a day, but he is seldom alone. His guide from Congo, who goes by the name Boston, has been a long-time companion. In South Sudan three AK-47 wielding soldiers from the commando battalion flank him as security. Another South Sudanese man on a bike ferries supplies

"South Sudan has been a challenge to say the least," Wood said. "And when I set off

on November 25, I obviously didn't predict a civil war kicking off mid-December."

Further complicating matters is the camera crew following Wood to shoot a four-part documentary series for U.K. and U.S. audiences on Britain's Channel 4 and America's Animal Planet. Wood and his crew were arrested while filming near the only bridge that crosses the Nile in South Sudan.

Weaving through the chaotic traffic in Juba, South Sudan's capital, Wood and his crew set a blistering pace. Their South Sudanese guide occasionally barks orders to stop filming near a national memorial or military installation.



There are safety concerns for this leg of the trip. The Nile passes through Jonglei state, a region that has seen heavy fighting in recent months.

"As that's the front line, I'll have to make a decision when I get there whether I have to

Follow him

- Twitter. Keep track of Wood's journey by following the handle @WalkingTheNile
- Blog. Get video clips and other updates at channel4.com/programmes/ walking-the-nile

move away from the river," he said.

Then a well-known Juba curiosity strolls past: a lanky man who is totally naked.

The team laughs. "No comment," Wood says to his cameraman.

While South Sudan appears to be the toughest part of his trip, it was in Uganda where tragedy struck. Experienced American adventure journalist Matt Power, who was walking with Wood, died from heat exhaustion March 10. Wood said the death forced him to reconsider his plans.

"We took a week off just to contemplate what happened and have a think about, 'Is this something we really want to be doing?" he said.

After speaking with Power's wife and family, Wood, with their blessing, decided to continue. "It is one of those things that really brings home the reality that this is not an easy thing to do. It's incredibly difficult and dangerous in parts and all I can do is be as prepared as I can be and hope the same doesn't happen to me," he said. THE ASSOCIATED PRESS



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metr_®

22 LIFE metronews.ca Wednesday, April 16, 2014

TO WE

San Juan, Puerto Rico

Beautiful beaches, great food, rich history, secluded places to escape to, an actual café society and amazing scuba diving what's not to love about Puerto Rico? This U.S. territory enjoys a steady rise in popularity, as people cotton on to the fact that the capital of San Juan is an excellent spot to anchor a week away. And while there are some really great hotels, including La Concha Resort on Condado Beach and La Terraza in Old San Juan, renting a condo is also an excellent option. Make the fresh seafood mofongo your order of the day. Now is a good time to visit, before it gets too hot. DOUG WALLACE/METRO

Hotels show it can be easy being green

Earth Day. Across Canada, lodges are cleaning up their acts. Here are a few of the sustainability stars



ON THE MOVE Loren Christie life@metronews.ca

In recognition of the upcoming Earth Day (April 22), I salute four hotels across the country that are doing their part for the environment.

Element Vaughan Southwest

Built green from the ground up, Element Vaughan Southwest is a 152-room extended stay hotel just outside Toronto.

Powered by 100 per cent renewable energy, the hotel has taken every opportunity to minimize its footprint. All guest rooms are equipped with recycling bins, flooring made from recycled tires and



soy-based fabrics. The bathroom faucets are low-flow and the en suite kitchens feature filtered water and energy efficient appliances. The fitness centre has a stationary bike charging station, which powers up personal electronic devices while guests exercise. A complimentary Bikes-to-Borrow program encourages travellers to get out and enjoy the fresh air.

Auberge Le Baluchon

Located in Quebec's Mauricie region, the 88-room Auberge Le Baluchon is a standout for seamlessly incorporating itself into a stunning natural setting. The executive chef takes pride in the fact that the food is locally sourced. In winter, outdoor enthusiasts can go dog sledding, Nordic skiing or skate on the Du Loup River, a five-kilometre long outdoor skating

rink. In summer, options include canoeing, horseback riding or mountain biking. Every activity requires nothing more than your own steam, or perhaps a little horsepower.

Mount Engadine Lodge

You can't get much more off the energy grid than Alberta's Mount Engadine Lodge. Nestled in Spray Lakes Provincial Park in the Rocky Mountains, guests will notice right away the lack of in-room televisions and refrigerators. Behind the scenes, the lodge limits its power usage by using a generator and rechargeable batteries to power energy efficient light bulbs and appliances. A state-of-the-art waste treatment system uses oxygen to break matter down and UV lights to purify it. The bathrooms are stocked with locally made environmentally friendly soaps and all the cleaning is done using environmentally friendly products.

Oak Bay Beach House

The historic Oak Bay Beach Hotel in Victoria, B.C., receives a nod for its recent renovations. Two years ago it was completely rebuilt on the same oceanfront site where the previous hotel stood for more than 80 years, and 95 per cent of the building was saved for re-use or recycled with only five per cent going to the local landfill. The hotel was recognized by LEED (Leadership in Energy and Environmental Design) as a high-performance building and awarded with a Gold level environmental sensitivity designation.

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New



In-flight Wi-Fi from Air Canada

Gone are the blissful, email-free few hours you looked forward to while boarding your flight. Air Canada has started to roll out Internet connectivity across its North American fleet in partnership with Gogo. On the brighter side, think of how much Facebooking you can catch up on. The carrier says pricing will be "competitive." Let's see how long it takes for everyone to start whining for it to be free. Plans are underway to extend this service to international flights at a later date.

DOUG WALLACE/METRO



Flash Forward **Festival Boston**

Boston's Fairmont Battery Wharf is gearing up for the fourth annual Flash Forward Festival May 1 to 4, an international gathering of photography buffs. The free four-day event is connected with Canada's Magenta Foundation and its annual emerging artist competition for photographers from Canada, the U.S. and the U.K. It incorporates panel discussions, guest speakers, outdoor exhibitions, events and some truly great art. Visit flashforwardfestival.com. DOUG WALLACE/METRO

Deals



Half Moon Heaven

Luxurious Half Moon Resort in Montego Bay, Jamaica, is celebrating its 60th anniversary with a Diamond Jubilee package for groups of 15 or more. Book by April 30 for travel between May 8 and Dec. 18, and get four nights in one of the four-to-sevenroom villas, all meals and beverages, plus a butler, housekeeper and cook, for about \$1100 per person plus taxes (based on double occupancy). Go for the golf — stay for the dolphin swim. Visit halfmoon.com. DOUG WALLACE/METRO

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Hong Kong Travel May 6 - May 20	\$12 9 9	\$2995
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Sydney Travel May 7 - May 21	\$1 5 89	\$ 5 309

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LIFE

metronews.ca Wednesday April 16, 2014

Get up, stand up, stand up for your health

Dancing at your desk. With sedentary behaviour at an alltime high in Canada, it's time to make a run for it and get active, even at the office

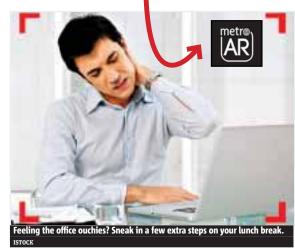
While much attention has been devoted to monitoring the activity levels — or lack thereof — among Canadian kids, many of the country's adults are also at risk of spending too many of their waking hours being idle.

With its Sneak It In campaign, ParticipAction is encouraging adults to break up sedentary time spent commuting and sitting in the office.

To help reach that goal, adults are encouraged to take active breaks and boost their fitness levels by "sneaking in" 10-minute bursts of physical activity into their workdays.

According to Statistics

Classes Start May 5.



Canada's Canadian Health Measures Survey from 2007 to '09, just over 15 per cent of the country's adults were meeting the recommended guidelines of 150 minutes of physical activity a week.

The figures for older children are similarly grim. In its annual report card on the physical activity level of children and youth released last year, Active Healthy Kids

Canada revealed that only seven per cent of five- to 11-year-olds and four per cent of 12- to 17-year-olds met recommended guidelines of 60 minutes of moderate to vigorous activity daily.

Walking quickly, skating and bike riding are examples of moderate activities, while running, basketball and soccer are examples of vigorous activities.

StatsCan found that adults spent an average of 9.5 hours a day — or approximately 69 per cent of their waking hours — in sedentary activities, which involve little physical movement and a low expenditure of energy. ParticipAction president and CEO Elio Antunes said long stretches of time spent sitting is detrimental to one's health and it's important for adults to make a conscious effort to incorporate activity throughout the day to help limit potential health risks.

"Too much sedentary behaviour has led to increases in risk of diabetes, even heart attacks, high blood pressure, elevated cholesterol," he said in an interview.

"A lot of people with sore backs is due to long-term sit-

Gallop while you gab

ParticipAction president and CEO Elio Antunes said he has colleagues who book walking into their agendas, and suggests workers go for a walking meeting rather than book a boardroom for their gatherings.

 "You're still being productive ... but you're reducing your sedentary time while being productive."

ting. So there's a whole range of health issues that's related to too much sedentary behaviour — specifically sitting so breaking that behaviour up will contribute to (addressing) those issues."

Antunes said adults can also wear a pedometer and aim to clock 10,000 steps within a day, and can even transform the exercise into a mini-challenge with their colleagues.

Adults don't need to devote lunch hours at the gym to see an uptick in their activity levels but can achieve their target with short bursts of everyday activities "that should get your heart rate going," he noted.

"When you're going out

"When you're going out to lunch for that sandwich, maybe take that extra walk for 10 minutes, or park your car a bit further from the front doors or take public transit."

Antunes said he recognized that individuals are busy and that breaking up sedentary time is a challenge within today's fast-paced environment.

But it's as essential as carrying out a work assignment and can perhaps be accomplished in tandem with office-related tasks, he noted.

Sick from the sit

"Too much sedentary behaviour has led to increases in risk of diabetes, even heart attacks, high blood pressure, elevated cholesterol."

Elio Antunes ParticipAction president

9-5 without a frown

Because I'm happy!

Would you jump the career ship you're currently on to be part of a business that leaves you beaming?

SIDNEYEVE MATRIX

alentEgg.ca

One of the main reasons people switch jobs is a disconnect between their personal goals and the company values.

A professional position misfit leaves you feeling unappreciated and undervalued, every day. This isn't just about being in a mild state of discomfort.

Research shows being unhappy at work results in more stress, causes a hit to your selfesteem, and interferes with your professional competence.

According to a new report on job satisfaction, millennials (think 20- and 30-somethings) are particularly concerned with having a job that authentically fits who they are. But many people don't find that perfect job right away.

Researchers at CreativeLive discovered that a third of currently employed Gen Y work-

ers wish they could jump the corporate ship to find a work-place where they could be surrounded with more creative people. Another third would happily take a salary cut if they could find a job with the opportunities to do meaningful work that has a positive social impact.

So how to get the right custom career fit? A combination strategy of conversations and company research is the answer.

Conversations: Talk to friends

Mining your personal networks is a smart way to land employment that fits.

Even loose ties on LinkedIn or Twitter are important when you're seeking introductions, references, and insider information about job openings. But your closest friends are uniquely important. If your friends (and their friends) have a job they love, that's your first step on the trail toward a job you'll

You like your friends for a reason — you probably share similar world views and care about the same things. Beyond happiness, working with friends may result in a productivity boost. Researchers at the London School of Eco-

nomics found that employees worked harder and got 10 per cent more accomplished in jobs where they worked with friends, especially if those pals were industrious types.

Creeping companies: Do your homework

Doing due diligence means thoroughly researching your dream jobs. A little online company creeping goes a long way, and doubles as interview preparation. Look deeply at their corporate social footprint (online and off), read past and current employee reviews on Glassdoor, and critically analyze their official recruiting messages.

One company may want to fill its ranks with out-of-the-box entrepreneurial thinkers, while another may value thoughtful, deliberative, consensus-driven executives," warns Dorie Clark on Forbes. Reflect honestly on your professional strengths and ambitions, then fire up your laptop to discover a position that just feels right, one with a perfect custom career fit. Then you'll be well-suited to do your very best work.

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Think outside the dinner box

Mini Vegetable, Ham and Egg Puffs. Borrow from the breakfast table to make a quick and easy dinner



DINNER **FXPRFSS**

Sometimes breakfast can be considered a comfort food and we all need a little comfort after a long days work. That's why breakfast for

dinner is a popular way to eat fast and healthy.

Keeping a pantry of staples is helpful and always having those protein-filled eggs in your refrigerator makes for endless possibilities. For example, with only a few ingredients, you can enjoy delicious vegetables among eggs that are baked. All it takes to round out your meal is salad and crusty bread. These little puffs are perfect to enjoy on the run as well.

Any leftovers can be packed into lunches the next day or enjoyed on your way out the door to work. Whichever way you eat these, they will give your day an "eggcellent" healthy feeling.

Cooking tips

- Using muffin tins to make these helps create a perfect size for everyone big and small in the family. Easy enough to take on the run when time is crunched or for those latenight dinners.
- These can be made up to 2 days ahead and kept refrigerated to be reheated quickly in the microwave.
- Try using shredded cheddar cheese instead of feta.
- 1. In skillet, heat oil over medium heat and cook onion and pepper for 2 minutes or until softened. Add broccoli, ham, thyme and pepper; cover and steam for 3 mins or until tender crisp and bright green. Divide mix among 12 greased muffin tins. Sprinkle cheese over top of vegetable mixture.
- **2.** In a bowl, whisk together, eggs, egg whites, milk, bran and whole wheat flour. Pour evenly over vegetable and cheese mixture. Bake in 400 F (200 C) oven for about 20 minutes or until golden, set and puffed. Let the puffs cool slightly before serving

Ingredients

- 1 tsp (5 ml) canola oil
- 1/4 cup (60 ml) diced onion
- Half a red bell pepper, diced • 1 cup (250 ml) chopped broc-
- 1/2 cup (125 ml) chopped ham
- 1/2 tsp (2 ml) dried thyme 1/4 tsp (1 ml) freshly ground black pepper
- 1/2 cup (125 ml) crumbled feta
- 4 eggs
- 1 cup (250 ml) skim milk
- 1/4 cup (60 ml) whole wheat

- 2 egg whites
- 1/4 cup (60 ml) wheat bran

This recipe makes 12 puffs. EMILY RICHARD

Breakfast for dinner. Double Cheese Omelette

Eggs are never low fat, but you can ensure you're getting good fat by using omega eggs and cooking in omega oil instead of butter. Add some whole grain toast to round out the meal.

- 1. In small bowl, stir together mozzarella, ri-cotta, basil, chives, salt and pepper. Set aside.
- 2. In another bowl, whisk eggs together until frothy. In small nonstick frying pan, heat 2 tsp (10 ml) of

the oil over medium-low heat, swirling to coat pan. Pour half of eggs into pan. Cook for 30 seconds, lifting cooked edge of eggs up with rubber spatula to allow uncooked eggs to flow under-

3. Sprinkle with half of cheese mixture, leaving 3/4inch (2 cm) border bare all the way around. Cook for 1 to 2 minutes. Run rubber spatula around the edge to loosen then fold in half. Slide onto a plate. Repeat

Ingredients

- 1/3 cup (75 ml) shredded mozzarella cheese
- 1/4 cup (50 ml) PC Blue Menu Ricotta Whey Cheese
- 3 tbsp (45 ml) finely chopped
- 3 tbsp (45 ml) finely chopped fresh chives
- Pinch each salt and freshly ground black pepper
- 4 large PC Blue Menu Omega-3 white eggs
- 4 tsp (20 ml) PC Blue Menu Omega Oil

with remaining oil, eggs and cheese mixture.

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ANNUAL GALA RAISES FUNDS FOR ALS SOCIETY

The ALS Society of Manitoba's annual Cornflower Gala was held April 12. This event was a huge success and helped raise much needed funds for ALS support and client services here in Manitoba.

"When my dad was first diagnosed with ALS, the society was right there beside my family," said James Derksen, from Derksen Plumbing and Heating, presenting sponsor for the gala.

Derksen began the evening by welcoming guests with a heartwarming story

"TODAY, I'M PROUD TO SUPPORT THE SOCIETY AS A SPONSOR BECAUSE I CAN REMEMBER THE SUPPORT THAT THEY GAVE ME AND MY FAMILY DURING THAT TRYING TIME."

— JAMES DERKSEN, FROM DERKSEN PLUMBING AND HEATING, Presenting sponsor for the Gala about his connection to the ALS Society of Manitoba.

"Today, I'm proud to support the society as a sponsor because I can remember the support that they gave me and my family during that trying time."

The night's success can be attributed to the almost 200 guests that ate a delicious meal prepared by St. Charles Country Club, bid on top prizes from many local businesses and danced the night away to the music of the Luke and Murray Two Man Band.

The night was emceed by local radio personality Hal Anderson from CJOB, and included great raffle prizes, an art auction and a live auction.

A trip for two to Churchill, two tickets anywhere WestJet flies, pampering at Zealous MediSpa for him and her, and a signed Winnipeg Jets jersey were all auctioned off by McSherry's Auction Services.

More pictures of the event can be found on the ALS Manitoba Facebook page.











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Winnipeg Winter Club
YMCA-YWCA of Winnipeg
Zealous MediSpa

ROLLING OUT YOGA MATS FOR SOLIDARITY

Laísa Santos Sampaio is a mother of eight be participating in Yoga Day, a national and a schoolteacher in a small community in northern Brazil. She is also a member of a women's project that produces cosmetics, ointments and nuts. Santos Sampaio is opposed to illegal logging in her region and has been the target of several death threats and attacks.

On April 26, people across Canada will be rolling out their yoga mats in solidarity with Santos Sampaio. They will event benefitting the human rights charity Amnesty International, which is campaigning to protect Santos Sampaio and other environmental activists.

The Canadian yoga participants will be raising money and awareness for Amnesty. Yoga events will be taking place in yoga studios, schools, workplaces, and community centres in many provinces and territories.

Yoga Day is a truly national event and everyone with an interest in yoga is invited to take part. Yoga events in 2013 helped raise more than \$35,000 for Amnesty International's work.

Brazil could do with the support, as many have been threatened just like Santos Sampaio.

Environmental activists in northern

For more information on Yoga Day 2014, visit yogaday.ca. - News Canada



MAKE A DIFFERENCE THIS

HELP SUPPORT THE CANADIAN **CANCER SOCIETY DAFFODIL MONTH**

Manitobans are fully engaged in the fight for life — just look around and see everyone wearing bright yellow daffodil pins.

For more than 75 years, the Canadian Cancer Society has led the fight against all cancers by being the charitable leader in cancer research — investing more than \$1.2 billion since 1940. In Manitoba, the society has funded 83 local research teams over the last two decades.

The Canadian Cancer Society only exists because of the generosity and trust of Manitobans. The society does not receive provincial funding nor does it operate for the benefit of any one health-care facility. The support of ordinary citizens allows the society to be active in more than 100 communities throughout Manitoba.

Last year, thanks to hundreds of volunteer drivers, the society provided cancer patients more than 30,000 rides to and from treatment



in more than 50 communities.

And with the support of Manitobans, the Canadian Cancer Society convinced the government to cover the cost of all cancer treatment and support drugs. Since it launched, 12,200 Manitoba cancer patients have registered in the home cancer drug program, saving these families nearly \$34 million.

The Canadian Cancer Society would like to thank all its dedicated health-care professionals, partners, volunteers and all Manitobans for their trust and support during Daffodil Month.





SPORTS L

Opening the door to Jets draft talk



THE HOCKEY
NEWS
Matt Larkin
winnipeg@metronews.ca

Some Jets fans are too sore over another missed post-season to even think about the team for the next few months. For the diehards already looking forward to next season, however, let's talk draft. Kevin Cheveldayoff and company did very well at the podium in 2013. Who should they target in the first round this June to trigger an encore performance?

To me, it needs to be a forward. The Jets did well grabbing blue-chip blueliners Jacob Trouba and Josh Morrissey in the 2012 and 2013 first rounds, and they nabbed a quality goaltending prospect in Eric Comrie last year, too. The Jets' top nine forward core could use a facelift, however. Evander Kane's future is in doubt and Andrew Ladd, Blake Wheeler and Bryan Little have all arguably hit their ceilings. Mark Scheifele, Winnipeg's 2011 first-rounder, has plenty of promise, but could use some help as the Jets build around him.

Based on their No. 9 draft slot, the elite forwards of the draft class — Sam Reinhart, Sam Bennett, Michael Dal Colle and Leon Draisatl — won't be available. But let's look at a few promising youngsters who might be.

Willie Nylander, Sodertalje (Sweden). Not surprisingly, Michael Nylander's son is a chip off the old block.



Big Jake Virtanen, who had 45 goals and 71 points in 71 games with the Calgary Hitmen this season, would look good coming down the left wing in a Jets uniform. Derek LEUNG/GETTY IMAGES

Willie projects as a similar player, blessed with nifty hands and natural playmaking ability. This is exactly the type of forward who could boost the Jets' ailing power play. Unfortunately, he's a long shot to be there at No. 9.

Jake Virtanen, Calgary (WHL). He's big, strong on the puck, he shoots well and he has an edge to his game. Think Jamie Benn. I'd argue the Jets need a centre more, but Virtanen would make sense if, say, Winnipeg

decides to trade Kane.

Kasperi Kapanen, KalPa (Finland). Here's another son of a recent NHLer whose skills mimic his daddy's. Like Sami, Kasperi Kapanen relies on major wheels and a quick release. He'd make the Jets' attack more dynamic and unpredictable.

Nick Ritchie, Peterborough (OHL). A real manchild, already tipping the scales at 230 pounds-plus. Imagine a line with him and Dustin Byfuglien bludgeoning opponents from each

wing. Defencemen would be shaking in their boots. Ritchie could easily be gone before the ninth slot, though.

Jared McCann, Sault Ste. Marie (OHL). He's a heady, two-way centre who could give the Jets another version of Scheifele.

Other players who should interest the Jets are Brendan Perlini, Alex Tuch and Nikolaj Ehlers. If I'm Cheveldayoff, I'm looking hard for speed and shiftiness, anything that can cure the stale power play.

25th anniversary

Victims of stadium disaster remembered

The global football community united Tuesday to mark the 25th anniversary of the Hillsborough Stadium disaster in which 96 Liverpool fans were crushed to death during an FA Cup semifinal.

The focal point on a day of commemoration and remembrance was Anfield, where Liverpool players past and present and the families of the victims were among the estimated 30,000 people who attended a moving memorial service.

THE ASSOCIATED PRESS



NHL entry draft

Panthers make leap to No. 1 pick

The Florida Panthers won the NHL draft lottery on Tuesday, granting the team the first overall pick in the 2014 NHL entry draft.

The Winnipeg Jets will pick ninth overall.

THE CANADIAN PRESS

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Wednesday, April 16, 2014

SPORTS
29

It's playoff time

As hockey's best warm-up for the post-season, here are five stories to watch as the 2014 playoffs unfold.

THE CANADIAN PRESS



A brand new playoff format

This is the first year of a new divisional playoff format, which means no more re-seeding and defined opponents for teams in the next round. Some critics don't like seeing Joe Pavelski's San Jose Sharks face another contender in the Los Angeles Kings in the first round.

Habs to carry the Maple Leaf

Not quite, but for the first time since 1972-73, Canada has just one team in the playoffs. And it's the Montreal Canadiens.

Goaltender Carey Price, defenceman P.K. Subban and the Canadiens are that one and only hope of ending Canada's Stanley Cup drought that has lasted since Montreal won it in 1993. Back in '73 the Habs





Can Chicago pull it off once again?

Jonathan Toews and Patrick Kane missed the end of the regular season with injuries, so what they'll be able to provide is an unknown. If they do come through big time, the Blackhawks could be the first to become repeat Stanley Cup champions since Detroit in 1997 and 1998.

Is Sid up for another Cup?

at an

Sidney Crosby is only 26 and he has two Olympic gold medals and a Stanley Cup ring. But the Penguins captain won his NHL title almost five full years ago.

can continue
over a pointgame pace
like he did
during the
regular season, then
his Penguins could
make it all
the way.



Boston strong

The Boston Bruins have been the best, most consistent team in the NHL this season and have to be considered cup favourites.

Led by Canadian Olympian Patrice Bergeron, the Bruins have a tough road ahead.

Avalanche makeover

Roy's fiery style leads Colorado

Patrick Roy's fiery personality was on full display in the opening game when the Colorado coach got into a heated exchange with Anaheim, banging his hands again and again on the glass partition until it tilted.

That eruption set a tone for the season: The Avalanche weren't going to be pushovers. Not with the combustible Hall of Fame goaltender taking over behind the bench.

Roy guided this franchise — the one he led to two Stanley Cup titles as a player — back into the playoffs by tying a team record with 52 wins. They play Minnesota in a first-round series that begins Thursday.

That transformation began in that very first game against Anaheim.

Wild coach Mike Yeo jokingly said he plans to "check the partition" between the benches before the playoff series. "They're an in-your-face team," Yeo said. Just like their coach.

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metronews.ca
Wednesday, April 16, 2014

DRIVE
3

2015 Chrysler 200

- Type. Four-door, front-/ allwheel-drive mid-size sedan.
- Engines (hp). 2.4-litre SOHC I4 (184); 3.6-litre DOHC V6 (295)
- Transmission. Nine-speed
- Base price (incl. destination). \$24,200

Market position

Chrysler is stepping up its game in the mid-size category with the kind of styling, content and power that will make most sedan shoppers forget all about the automaker's previous Sebring/200 efforts.

Points

- All-new look is right on the money and outclasses many of its competitors
- Base four-cylinder engine delivers impressive fuel economy and the V6 has a reputation for impressive power
 Rotary-dial shifter saves
- Rotary-dial shifter save space and de-junks the console
- North American design



and Italian structure makes for an interesting and competitive combo.

Safety

Front airbags; side-impact airbags; side-curtain airbags; front knee airbags; anti-lock brakes; traction control; stability control. L/100 km (city/hwy) 8.4/5.7 (2.4, est.)

Chrysler's high-fashion sedan

Review. With a 2.4-litre four-cylinder producing 184 horsepower, the Chrysler 200 has style and substance

MALCOLM GUNN

wheelbasemedia.cor

Like some supermodel sashaying down the runway, the Chrysler 200 made its much-anticipated entrance at the 2014 North American International Auto Show in Detroit, Mich., in January.

From any angle, the Chrysler 200 has a leading-edge contemporary look that's very easy on the eyes.

The interior is as attractive as the sheet metal, with easy-to-view primary gauges, plus-sized control knobs and optional 21-centimetre touch-screen display (a 10-centimetre screen is the base unit). But what really stands out is the absence of a floor shifter that has been replaced by a console-mounted knob, just like the one in Chrysler's Ram 1500 pickup.

An issue with the previous 200 was the old base fourcylinder engine that was shy on power and fuel efficiency. That has been rectified with a new 2.4-litre four-cylinder that



produces 184 horsepower and 173 pound-feet of torque (up from the 173/166 rating of the previous 2.4). The engine connects to a nine-speed automatic transmission that should help the 200 achieve about 8.4 l/100 km in the city and 5.7 on the highway. The nine-speed is also

mated to the optional 3.6-litre V6 that's a mainstay in other Chrysler products. This particular iteration makes 295 horsepower and 262 pound-feet.

Although a front-whee drive vehicle, the 200 can be had with all-wheel-drive, but only if the V6 is ordered.

In normal operating conditions, the rear axle is completely disconnected, which Chrysler claims reduces parasitic losses by up to 80 per cent when compared to other systems with their continuously rotating axle shafts. That helps fuel economy.

Compare



1 Ford Fusion
Base price: \$24,200
Attractive sedan offers several engine choices, including two hybrids.



2 Nissan Altima
Base price: \$25,300
Comfy seats and thrifty I4
make Altima an ideal longdistance traveller.



Volkswagen Passat
Base price: \$25,400
U.S.-built sedan has 14 and
V6 engines plus turbo-diesel.



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Wednesday, April 16, 2014

The end of the Crown Vic's reign

Sea change. Latest batch of cop cars has big treads to fill

TODD D. BURLAGE

wheelbasemedia.co

It's a lowly full-sized sedan, but everyone knows its shape and what it stands for — especially when it finds your rearview mirror — the Ford Crown Victoria cop car.

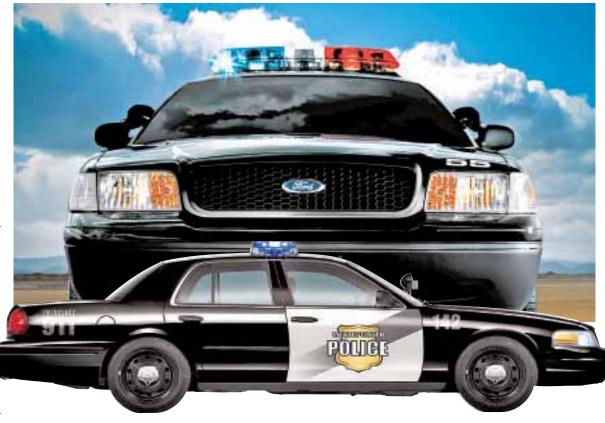
But all great runs must come to an end, and when the last of the more than 10 million Crown Victorias rolled off the assembly line in September of 2011, the end of one automotive era ushered in the beginning of another.

"The cop car market follows the way the consumer market goes," said Wayne Cunningham, senior editor of CNET Car Tech. "There has just sort of been a sea of change going on in the police vehicle platforms, and the Crown Victoria couldn't hold its place in the market any longer."

The Crown Victoria's fall from grace after 15 years of dominance in the police-force market came as a result of sagging sales, rising fabrication costs and an increased push for more fuel-efficient vehicles. Ford reports that demand levels for the Crown Victoria slipped by 60 per cent in its last decade of production, and the vehicle was available only in fleet sales since the 2008 model year through its discontinuation in 2011.

"The technology was catching up to the Crown Vic also," said Lt. Jim Flegel, a Michigan State Police officer with the MSP Precision Driving Unit.

"Ford had to keep those



Just how big an impression has the Crown Victoria made? Austin Police Department in Texas stockpiled 176 of them before production ceased in 2011. ALL IMAGES WHEELBASE MEDIA

vehicles up to date in terms of federal standards, and stuff all that money into the vehicle to keep meeting those standards. It just wasn't feasible anymore, so (Ford) decided to go with a different platform that was going to meet all the federal safety standards."

The end of the Crown Vic era (1955-'56, 1979-'80 and 1983-2011) opened the market for a vehicle void in North American police departments, though some agencies aren't quite ready to dissolve the relationship.

Before production ceased, the Austin Police Department in Texas stockpiled 176 Crown Victoria patrol cars to help serve and protect the city for years to come.

Even with the end of the line for the Crown Vic, Ford didn't quietly concede its place as the top manufacturer of police vehicles in North America, unveiling for the 2012 model year its next-gen cop car with the Ford Police Interceptor, which is built from the Taurus

platform.

But with deep loyalty to the reliable Crown Vic in many departments, questions remained as to why Ford didn't just tweak the Crown Victoria platform and replace the V8 engine with the fuel-friendly EcoBoost V6

Cunningham explained that in the name of cost effectiveness, manufacturers routinely base their police and other specialty fleet vehicles on consumer models. And with demand for the Crown Victoria slipping, the best course became a new course from a financial and practicality standpoint.

"Ît would be inefficient for Ford to keep around the platform just for a niche vehicle that maybe sells a couple of thousand a year," Cunningham said. "The major manufacturers are looking for platforms that are more versatile, modern and fuel-efficient, which will probably look more atractive from an accounting perspective and a city budget perspective also."

The Ford Police Interceptor breaks some new ground with a front-wheel drive platform that includes an all-wheel drive option.

The Michigan State Police Precision Driving Unit is at the forefront of police vehicle evaluation. And of the six four-wheeled police vehicles tested in September of 2011 for the 2012 model year — Chevrolet's Caprice 9C1, Impala 9C1 and Tahoe utility; the Dodge Charger; the Taurus-based Ford Police Interceptor sedan and Explorer-based utility vehicle — only the Ford models use a front-wheel drive platform.

"The front-wheel drive was surprisingly a very predictable vehicle," Flegel said of the performance testing results of the Ford models.

"With front-wheel drive vehicles, you kind of expect them to understeer (continue in a straight line when the steering wheel is turned). We did not get a whole lot of understeer with the new Interceptor."

But Ford didn't pigeonhole itself with a frontwheel drive only model. The company added an all-wheel drive version that comes with a 263-horsepower, 3.5-litre V6, or the turbocharged EcoBoost 3.5-litre with 365 horsepower and 350 pound-feet of torque.

"With the police that are used to their trusty Crown Vic, they might be a little suspicious of the new platform because it is a front-wheel drive platform," Cunningham said.

"But the all-wheel drive version within that platform adds to the flexibility, and that may be something that brings the police forces on board with the all-wheel drive."

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DRIVE 33

With these tires, you'll never be stranded again

Run-flat tires have only recently become available for mainstream cars. COURTESY BRIDGESTONE

Run-flat tires.

Newly available technology lets drivers coast right to the shop after their tires have been damaged

JIL MCINTOSH

Drive over a nail with your tires, and there's a good chance you'll get a flat. But not all tires will leave you stranded. If you have a runflat tire, you can still drive home, or to a shop that can fix it for you.

Up until now, run-flat tires have only been available for performance cars that left the factory with them. Bridgestone now offers a new line of run-flats, called DriveGuard, that can be put on mainstream cars that originally came with conventional tires, such as the Honda Civic or Toyota Camry.

"The side of the road is not a fun place to be," says Robert Saul, product manager of consumer tire sales for Bridgestone Americas. "We're delivering new technology to a much bigger audience than we have in the past, with a tire that's capable of surviving punctures and air loss."

Run-flat tires have a special reinforced sidewall that's capable of holding the vehicle's weight even when they have no air in them.

They were introduced in the 1980s on close-coupled sports cars that didn't have

DriveGuard tires

"We're delivering new technology to a bigger audience than we have in the past, with a tire that's capable of surviving punctures and air loss."

Robert Saul, product manager of consumer tire sales for Bridgestone Americas

Facts and tips

On any tire, the air inside is what's actually holding up your vehicle. Run-flat tires can also use their sidewalls to bear the weight if necessary.

- You should check your tire pressure once a month. Tires that are low on air can compromise safety, and they also use more fuel.
- Some cars include a sealant and pump kit, instead of a spare tire, to save space.

enough room for a spare tire. However, their thicker, lower-profile sidewall usually creates a very harsh ride.

Bridgestone's new technology includes a special sidewall insert that lets engineers create a thinner, taller sidewall than on a regular run-flat. It can still hold up the vehicle if the tire loses air, but the ride is as smooth as with a conventional tire.

Bridgestone says you can safely drive on a completely flat DriveGuard tire at 80 km/h for 80 kilometres, and potentially much farther depending on road conditions and how fast you drive. The vehicle may pull slightly to one side, and the tire will make a rumbling sound, especially on turns, but you will be able to stay in control.

Once you get to a shop, the tire will have to be removed from the rim and the interior examined to see if it can be repaired.

All run-flat tires, including DriveGuard, can only be used on a car that has a tire pressure monitoring system, since the tires don't necessarily look any different when they're low on air.

"You can be on a tire that's under-inflated and not know it," Saul says. "We need the system to warn you that the tire pressure has dropped to a point where you need to take action, because you might not know, otherwise."



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Ford celebrates half a century of Mustangs

The big 5-0. You can count on this sporty car to break up the monotony of SUVs in the Home Depot parking lot



AUTO PILOT Mike Goetz drive@metronews.ca

It's a big week for Ford Mustang. The iconic sports coupe turns 50 years old and celebrations are planned far and wide

Henry Ford II introduced the Mustang to the world on April 17, 1964, at the World's Fair in Flushing Meadows, New York, the same day it debuted in Ford showrooms across North America.

Over 22,000 Mustangs were sold that day, and over 400,000 during its first sales year, far exceeding expectations

Ford will reprise that initial introduction this Thursday in Flushing Meadows,



and will also stage a 2015 Mustang on the 86th floor observation deck of the Empire State Building.

There are big fan events

planned as well, such as Mustang Club gatherings in Concord, North Carolina, and Las Vegas, where more than 5,000 Mustangs and approximately 100,000 tribe members are expected to turn out.

Ford of Canada organized a get-together last Saturday

in Toronto, putting the word out via Ford Mustang forums. A great selection of Mustangs of every vintage showed up at the Ontario Place lot, and 28 of them were selected to park in a big "50" that was photographed from above with the help of a huge crane.

After talking to the Mustang owners and aficionados there on Saturday, and gawking at their lovely Mustangs, it was obvious that the demographic for Mustang ownership now is not what is was back then. Back in 1964, the car was designed and pitched as a fun and affordable sporty car for young people.

Now they are driven home mostly by middle-aged (and beyond) boomers who can afford to buy them and may even have them around as a second vehicle.

Don't blame the Mustang. It's still a great car and still desired by a surprising number of young people.

But now that it is so much cheaper to build front-drive cars, rear-drive performance "pony" cars like Mustang, Camaro and Challenger must compete for buyers with an-

Quoted

"It is still a great car and still desired by a surprising number of young people."

Mike Goetz, columnist

other level of disposable income than what young people are currently packing in the pockets of their skinny, low-cut jeans.

Even thought the market demand for these vehicles has adjusted downward, the automakers are still happy to have them in the portfolio. They create lots of attention and make the brand look cool. They are a great chapter in the story of American automobiles.

And they break up the monotony in a Home Depot parking lot, full of sedans and SUVs that look increasingly alike, no matter who builds them or what continent they originated from ...

And that's worth celebrating, at Mustang's 50th, and at its anniversaries to come. in the years ahead



See today's answers at metronews.ca/answers.

↑ Aries

March 21 - April 20

There is no point trying to get partners and colleagues' approval for what you are planning while the effects of yesterday's eclipse still linger. Either push ahead on your own or wait until they are in a more receptive frame of mind.

Taurus April 21 - May 21

Refuse to get uptight about the little things that go wrong. At home and work it will seem as if people are deliberately letting you down but the truth is everyone is a bit confused, so make allowances.

II Gemini May 22 - June 21

The only way you're going to move forward with a project is if you get backing from people who can help you overcome the obstacles you are going to face. Give it another day or two to say, "yes".

9 Cancer June 22 - July 23

It isn't worth wasting time and energy fighting about something that means nothing to you. Later on in the month you will get the chance to do battle for a worthwhile cause.

Ω Leo July 24 - Aug. 23

You may have to defend what you believe in today, and you should do so with every weapon at your disposal. Don't ever forget that you are as entitled to your viewpoints.

W Virgo Aug. 24 - Sept. 23

It isn't time for making money-related decisions. If you give yesterday's eclipse a few days to wane, you may find that what you thought was a good deal wasn't.

△ Libra Sept. 24 - Oct. 23

Partners and colleagues have the upper hand right now. There are powers that cannot be beaten by charm or force of personality, of which you have plenty. Just stay calm.

M Scorpio

Oct. 24 - Nov. 22

No matter how eager you are to begin something you have every reason to believe will bring you fame and fortune, it might be best to wait. The Sun's change of signs on the weekend could lead to a change in your priorities.

プ Sagittarius Nov. 23 - Dec. 21

You can and will succeed a lot quicker if you get help from people who share your ambitions. Teamwork is the way to move forward and that, of course, means compromise.

17 Capricorn Dec. 22 - Jan. 20

You may have to own up to a transgression today but the moment you do, you will feel a lot better for it. You have been carrying a lot of burdens lately, not least the burden of a guilty conscience. Get past it.

Aquarius Jan. 21 - Feb. 19

If you feel the need to go out and have a good time then do so and don't feel guilty about it. Put your troubles behind you and do whatever makes you feel glad to be alive.

H Pisces

Feb. 20 - March 20

You seem to reckless lately and if yesterday's eclipse somehow failed to remind you that's not a good thing to be then today's Mars-Mercury link most certainly will. Don't ignore warnings. SALLY BROMPTON

TODAY

THURSDAY

FRIDAY









Crossword: Canada Across and Down

Across

- 1. 'Herbie' of movies,
- e.g., _ _ _ 6. Mr. Lugosi
- 10. Objective 14. "That's
- !" (Remark to the naughty) 15. Eddie's "Beverly Hills Cop" (1984) role
- 16. Medical condition suffix
- 17. It takes tanao
- 18. Yellow blooms of Spring
- 20. Pickle
- 22. Leonard Cohen's
- "So Long, __"
 23. People of Eng. 25. Puppy's protest!
- 26. 1996 Snoop Dogg album: '__ Dog-
- gfather' 28. Apiece
- 30. 1994 Green Day
- album 34. Low-(Fuzzy, as
- images)
- 35. Journalist's coup
- 37. Salt-_ 38. Hill-making
- creatures
- 40. Harold's pal (played by Kal Penn)
- in movies 42. Gibraltar, et al.
- 43. Previous 45. Freshen
- 47. Tit-for-48. Ontario: Com-
- munity in Prince **Edward County** 50. Slangy sure
- 51. Fleur-de-__ [var. sp.]
- 52. Riot 54. Extra tire

43

- Highway" by 56. "
- Gordon Lightfoot 60. one's toe
- 61. Sops up again 63. Like a cloudless
- 66. Military force

39

- 67. Odd, to a Scot
- 68. Lionel Richie song 69. Supermodel Kate
- 70. Feline's utterance 71. "Over the Rain-
- bow" co-composer, Harold_

Down

- 1. Cistern
 - 2. Compass pt. 3. Dream Warriors
- hit: "My Definition of a ___ Jazz Style"
- 4. Beneath: German 5. J.Lo gets them after moving "American

Idol" performances

- 6. Not good
- 7. Crammed for thing 8. Arthurian legend sorceress, Morgan
- 9. The Dark Knight's trusted aid 10. Colas: 2 wds.

- BY KELLY ANN BUCHANAN 11. Pet Shop Boys hit:
- "It's
- 12. Ceramics oven
- 13. Feminine suffix
- 19. Pour
- troubled waters
- 21. Heap
- 24. Do heavy duty
- Spring cleaning
- 26. Family Singers
- 27. Montreal-born politician Mr. Bouras-
- sa (b.1868 d.1952)
- 29. Comfortable
- 31. Cute-looking gym weight
- 32. " everyday that..." ('Holy'-sound-
- ing wish) 33. Map's to-the-right
- directions 36. Window parts
- 39. World famous
- auctioneer
- 41. Collects, as grains 44. 'Sunny' car areas
- 46. Chilliwack hit: " Gonna Do (When I'm
- Gone)" 49. 'We're Full' mean-
- ing at an inn: 2 wds.
- 53. -Neuve-et-
- Labrador 55. Throne occupant
- 56. Prepare for the
- test hurriedly 57. Bubbly bar
- 58. Slams
- 59. River of Spain
- 62. Visited 64. Alcoholic bever-
- age
- 65. J.K. Rowling character

Yesterday's Crossword

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Sudoku

How to play Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

3	8	6	5	5	7	8	4	1
2	4	9	1	8	3	7	5	6
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5	2	3	7	6	1	4	8	9
6	7	8	9	3	4 8	2	1	5
1	9							
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9	1	2	3	4	5	8	8	7
8	3	7	6	1	2	5	9	4

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	2					3	6	

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